

Where and when is Packet Pick-up?

Free packet pick up is **only** available Saturday, July 12, between 10 a.m. and 3 p.m. Packet pick-up is at the Lifestyle & Fitness Festival at the Pine Avenue Community Park, Carlsbad. If you miss picking up your packet at the Expo, your packet will be transferred to the race site on Sunday, and there will be a \$25 charge for Sunday packet pickup.

Can I register on Saturday during packet pick-up? Can I register on race day?

If there is space available in your age group, we will allow onsite registration at the Community Wellness Expo between 10 a.m. and 3 p.m. There is no registration on race day.

Can I receive a refund/credit if I am injured, sick or can't make it?

There are no refunds. At the time of registration on Active.com, you will be offered the option to purchase registration protection insurance.

Are transfers allowed?

No, no transfers are allowed. Your race packet has been put together under your name. The time to reprocess the entry would impact the processing of the waiver, timing company, and other participants.

Do I need to bring my I.D. when I pick up my packet?

Yes, we do require that all participants bring a valid picture ID during packet pick-up. Your race packet will only be given to you. No one else can pick up your race packet.

Do I have to pay full price?

A fee structure is set up with a discount applied to all registrations prior to July 1. Any registration from July 1 on, will pay full price. A discount code is available to all Tri Club Members. A current membership card must be shown at packet pick-up. E-mail carlsbadtriathlon@carlsbadca.gov for a discount code.

Can my son or daughter, who is under the age of 12, compete in the triathlon?

Children under 12 may participate in the relay division as bikers or runners. Call for special permission for the swim portion.

Can I race with someone in another division?

Yes, but it must be with the later time and your finish time will not be accurate.

Do all relay participants need to check in on packet pick-up day?

Only if they have not signed a waiver. We need a waiver with an original signature (not faxed or scanned) and if we get that prior to the packet pick-up.

Where is the swim course?

The swim portion is the start of the race and is located approximately 400 meters north of lifeguard tower 36 below Cherry Street on the beach. The swim exit is at the Tamarack parking lot entrance. The race is run with an open entry (run from the beach). This means you will have to contend with waves on the way out as well as on the way in. Please practice beforehand if this is your first open water swim triathlon.

Where can I get another swim cap if I lost mine?

Go to the late packet pick-up area on Sunday for a replacement.

What is the water temperature?

The water temperature along the Carlsbad coast in the summer is typically in the mid- to high sixties. There are a number of factors/events that could significantly change that, generally in the downward direction, such as a big swell or a period of high winds. Remember that you can wear a wetsuit! Goggles are recommended and a swim cap required.

What is the swim course?

The swim event starts at a point 400 meters north of Lifeguard Tower 36 (the one located just south of the stairs to the bathrooms at Tamarack). The swim course is a big "C" shape that goes west (out) 250 meters, then turns south for 500 meters, then comes in (east) 250 meters. The finish is just south of lifeguard tower 37. Once you enter the water, all buoys are kept to your left. The course is marked by large orange buoys with balloons tied to them. There are pyramid buoys indicating the corners where you need to turn.

Where is the lane line?

There are no lane lines in the ocean, however large buoys and helium balloons mark the course. There are swells, chop, currents, in-shore holes, rip currents, kelp and seaweed, stingrays and fish though. If you have not swum in the ocean before, this should NOT be your first time! If at any time you need assistance, do your best to get attention (yell, wave your arms if possible, etc.) Please don't wait until you are in real trouble to ask for help. It is OK to rest, with or without assistance from a lifeguard, and then continue the race. If there are waves at the start, dive below the wave/white water with your arms in front of you to avoid being pulled back.

Will I be able rent a wetsuit?

Our sponsor, Moment Cycle Sport, will provide rentals of wetsuits along with bicycles, Aero helmets, and race wheels. Contact Moment Cycle Sport at www.momentcyclesport.com for details. Wetsuit rentals reserve quickly, so don't wait until the last minute to reserve yours.

Special Note: *If there are extreme weather conditions including, but not limited to high surf, strong rip tides, or poor visibility due to fog, the swim portion of the race may be canceled. The triathlon would then transition into a run-bike-run. The California State Lifeguards will assess the water conditions the day of the race. Safety of all participants is our priority.*

What time does transition open and where is it located?

The transition zone will open 5:30 a.m. on Sunday, July 13, 2014. Transition area closes at 7:15 a.m. sharp! It is located in the Tamarack Parking lot at the end of Tamarack Ave.

Are spectators allowed in the transition area?

No spectators will be allowed in the transition area. To enter, athletes will need to have their bib numbers. Relay members must wear their wristbands to enter.

Can I have assistance in the transition area?

Yes, we can provide assistance with prior arrangements. Please see the transition coordinator for additional inquiries or email carlsbadtriathlon@carlsbadca.gov.

What time does the transition area close?

All athletes must exit the transition area except relay team members by 7:15 a.m. Relay athletes must remain next to their designated area at all times, no wandering around. Relays must hand off their transponder anklet to their relay member at the bike rack.

How do I get my bike out of the transition area? Do I need to wait until the race is completed?

We ask that no one attempt to re-enter the transition area after they have finished the race. We will allow only athletes to enter the transition area after although we ask that you please be respectful of the athlete still competing.

Bike

Where is the bike course?

The bike course is a two-lap, rolling hill course along the California coastline. Take a moment to enjoy the view but don't miss the South turn around at La Costa Avenue, or the North turnaround at Solamar Drive. **Remember: this is a 2-lap course!** Please do not come through the finish line if you do not complete 2 laps of the bike course.

Where do I go for bike safety inspections?

There is no bike check required.

Do you have to wear a helmet for the bike portion?

Yes, all cyclists must wear an ANSI approved helmet. The helmet **MUST** be securely fastened upon exiting and entering the transition area as well as throughout the course. Only an ANSI, CPSC, or SNELL approved helmet may be worn

Can I ride a Mountain Bike, Cruiser, BMX, etc., type bike for the bike portion?

Road Bicycles or Mountain bikes may be used. NO recumbent cycles. Hand cycles and Tandem bikes are only allowed for Challenged athletes and relay division participants.

Does my bike need to be "racked"?

Yes, please go to the corresponding swim cap color on the bike racks that match your swim heat cap color. You may set up your bike anywhere in your designated color area.

If I miss the 2nd lap on the bike course will I be disqualified?

Yes. **Remember: this is a 2-lap course!** Please do not come through the finish line if you do not complete 2 laps of the bike course. The south turnaround is at La Costa Avenue and the north turnaround is at Solamar Drive.

Is there drafting?

No, the Carlsbad Triathlon is a non-draft format race. The stagger rule will be in effect meaning you must stay at least 10 meters away from the next competitor unless passing.

Can I rent a bike?

Our sponsor, Moment Cycle Sport, will provide rentals of bicycles, along with wetsuits, Aero helmets, and race wheels. Contact Moment Cycle Sport at www.momentcyclesport.com for details.

Run

Where is the run course?

The run course starts in the Tamarack parking lot entering the lower sea wall to Pine Street. Runners will proceed south on Carlsbad Blvd. At the power plant the runners will make turn around and run south on Carlsbad Blvd. to the finish line at Hemlock.

Do relay teams need to stay in their area and be tagged by their partners?

Yes and you must transfer the timing chip.

Where is the information tent?

The information tent is located at the volunteer booth. Course maps and the swim heat schedule will be posted at the volunteer tent.

Do we need to be body marked?

Yes, body marking is required. Marking will be done in the Transition in the bike area. Feel free to mark yourself if you prefer. Markings are done on both biceps and above the knees.

Where do numbers go?

Your bib should be attached to the front of your running shirt or shorts. The bike frame number should be attached to your bike frame towards the front.

Is there a practice swim? When and where?

There is no official practice swim and the water will be cleared prior to the race starting. You can warm up in the water between 5:45 a.m. and 7:15 a.m. but we suggest that you stay near the shore. If this is your first open water swim triathlon, please practice prior to Sunday. Check out the clinic schedule for swim clinics. We will also e-blast all registered participants as soon as a clinic is scheduled.

What do new racers have to do on race day?

Make sure that your race numbers are placed in their appropriate locations, set up your bike in the appropriate cap color location for your wave, check to make sure you have your swim cap, get body marked, make your way to the swim start area before 7:30 a.m., relax and have fun!

Where do I get my t-shirt?

You will receive your shirt with your packet.

Is there any special training scheduled prior to the race, and where is it being held?

Please check our clinic schedule for a list of all clinics. We will e-Blast all registered participants as soon as a clinic is scheduled as well as post it on our website. Also, announcement will be made via Facebook at City of Carlsbad Triathlon and Twitter @cbadtriathlon.

When and where are the results posted?

Unofficial finish results for top finishers will be posted at the volunteer tent 15 minutes after the first finisher crosses the line. Results will be updated every 20 min. after that. Complete results, with split times, will be posted Monday at 3 p.m. at www.carlsbadtriathlon.com.

Can I still finish the race if I am disqualified on one portion of the race?

Yes, you will be able to finish the race. Please do not come through the finish line with your timing chip though if you are disqualified.

What time is the Awards Ceremony?

Awards ceremony will be held at approximately 10:15 a.m. Awards given 1st through 3rd place in each age category, and relay divisions. No awards will be handed out prior to the awards ceremony.

Special Note: *If there are extreme weather conditions including, but not limited to high surf, strong rip tides, or poor visibility due to fog, the swim portion of the race may be canceled. The triathlon would then transition into a run-bike-run. The California State Lifeguards will assess the water conditions the day of the race. Safety of all participants is our priority.*